

The 8th Red Raider Invitational heated up with some sizzling performances on a hot day

The Red Raider Track & Field Invitational, the 8th edition, lived up to its reputation as an intimate association of similar, competitive programs in the milieu of intense competition often producing list-leading performances early in the season. The 2010 version lived up to that billing.

Leading off with four sparkling performances, with a focus on top-tier leader-board performances, Emily Renna began with a 15.6 winning effort in the 100m hurdles, along with the 3rd best performance in Class AA competition--a 12.5 winning effort in the 100 meters; a season's best 51.7 winning time in the 4 x 100m relay with Julia Sanger, Casey Slabe, Lauren Burke--and culminating in a personal best of 35' 11.25" in the triple jump. "Not a bad day by any standard," said hurdle and sprint coach, Gary Wood.

Another race that led the list in the 800 meters by day's end was Lauren Burke's 2:17.1 season's best time, under the 2:19.7 by Shaylyn Tuite of Pittsford Mendon several weeks ago. The race ended up being the fastest 1-6 race placement this season with six runners finishing under 2:27. Within that top six were Erin Sedita, an 8th grader from Martha Brown, her late surge caught three runners in the last 150; she ran 2:24.7—her first time running the two-lap distance event. Also in the top six was Rachel Brekovosky, who ran 2:26.7, her 2nd fastest time ever and first 800 this season.

"Lauren wanted to throw down a good time to measure where she was this season with her training. When I asked her on Friday what she wanted to do, she said, 'go out in 64 and see where I am,' "said Rick Guido, her coach. That she did, going through the 400 in 64 and the 600 in 1:40. She took the whole field with her, though far ahead and the end result was that it was the fastest race of the season. In the finish chute, Ruth Steinke, one of the HFL runners, said, "thank you for taking us through a fast race—it helped all of us."

Other top performances were accomplished by Angie Zabloutny, who ran 67.5, easily her best time ever in the 400m hurdles. Also setting a personal best, and winning the 400m dash was Lauren Star—her 63.1 easily surpassed her previous best by several seconds. Ally Martens, also set a personal best in the race with her 65.3 as did Emma Dustman, 66.5 and Erika Schwartz, 67.2. Janessa Mathews, despite a toe grabbing the 3rd hurdle, went 15' 9" in the long jump to establish a new personal best and leaped 33' .75" in the triple jump, another outdoor personal best. "The mark of a mature athlete is someone who does something similar to what did: Janessa, who after her fall in the hurdles, got up and established personal bests in two events. That is what you see from the accomplished athletes, and that is what Janessa is," said Rick Guido.

Also having an eventful but tiring day was Amanda Burkey, who competed in her usual four events: the pole vault, a 2nd place in the high jump, 5'; and a 3rd place in the triple jump with 33' 7.75," one of her best leaps this season along with the long jump.

Renee and Loren Metzger, close in age and place-- 1st and 2nd in both the shot put and discus: Renee threw 31' 10" precisely what she did last year to the day in the 2009 Red Raider Invitational, and Loren, 28' 6.5"; in the discus, it was a redo from earlier in the afternoon, with throws of 83' 3" and 80' 8" respectively.

Also establishing a key stone performance, again, was Erin Sedita, with a 5:03.3 personal best in the 1500m. Jane Rosenthal, sick for the past several weeks, showed signs the viral infection may be subsiding with a 5:19.9 time in the 1500 and an even better 2:32.2 effort in the 800 meters. Another personal best was recorded by Gwen Hoffman, when she improved her best 1500 meter with a 5:23.2 effort, which qualified her for the Monroe County Championships; she ran 8:40 in the steeple chase at the Victor Invitational over the break, which is within the second of the standard for that event.

Also running very well was Fairport's #2 4 x 100m relay of Amanda Michelsen, Jessica Barden, Ally Martens and Cindy Nagel. They finished 2nd to Fairport's #1 team when they ran 54.2, a very quick time. The 4 x 400m relay team ran 4:23.5 to win the event—and relay team was comprised of Rachel Brekovosky [63.9], Erika Schwartz [68.5], Ally Martens [66.7] and Angie Zabloutny [64.2].

On Wednesday, **Fairport recorded its 3rd league victory over Canandaigua, 95 to 41.** In that win competing against a gale force wind of 30 plus miles per hour on the Canandaigua plateau, the Fairport girls rose to the occasion with some outstanding performances. Emily Renna and Janessa Mathews went 1st and 2nd in the 100m hurdles, 15.5 and 16.3, respectively, and a personal best for Mathews; also taking the top two places were Renna and Lauren Burke in the 100m dash with a 12.6 [personal best] and 12.7. Also taking the top places, with some excellent race tactics were Erin Sedita and Jane Rosenthal in the 1500 meter race. Biding

their time behind several more experienced Canandaigua runners, the two moved with a late surge to easily move away from their competition.

Rachel Brekovsky won the 400 meters in 64.1 over the talented Carrie Gulvin and the 800 meters while leading her teammates, Mary O'Hehir and Lauren Star to the sweep of the event. Angie Zabloutny placed 2nd in the 400m hurdles with a time that was six seconds slower than what she would run three days later—the head wins were that strong on the plateau. Lauren Burke won the 200m race, 27.1, a step ahead of Christina Lyttle. Immediately after that event, Erin Sedita, again running a tactical race from behind, surged in the last 150 to win by eleven seconds with a remarkable 11:36.7 effort, especially good considering the windy conditions.

Fairport had decided to take Emily Renna out of the 4 x 100m relay because of the injury to Julia Sanger. The intent was to run as fast as the girls could and keep the handoffs safe, and maybe Canandaigua would make a mistake—they did. They exchanged out of the zone and the relay team of Amanda Michelsen, Casey Slabe, Ally Martens and Cindy Nagel won in 56.7 seconds. Fairport won the 4 x 800 meter relay with Amanda Burkey and Lauren Burke placing 1st and 2nd in the high jump. Renna and Mathews took a 1st and 3rd in the long jump as both went 1st and 2nd in the triple jump. Renee and Loren Metzger went 2nd and 3rd in the shot put and 1st and 2nd in the discus.

With six weeks left in the 2010 campaign, the focus is slowly but surely on qualifying as many for the County and Sectional championships as possible. Each good day harkens the call to do your best so you can be a part of the fun of the championships late in May and early in June.